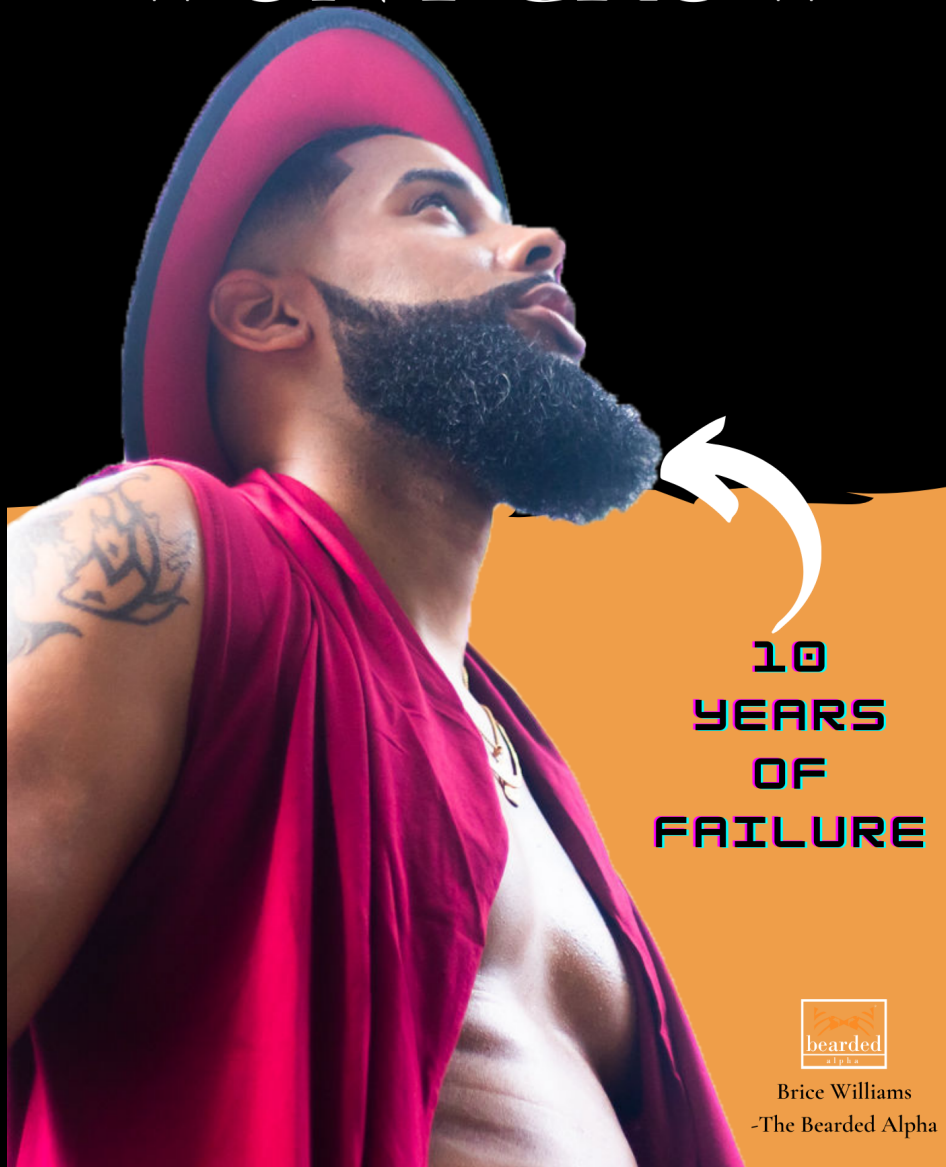


# 6 REASONS YOUR BEARD WON'T GROW



**10  
YEARS  
OF  
FAILURE**



Brice Williams  
-The Bearded Alpha

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## *10 years of failure*

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### INTRODUCTION

Growing out your beard is a very rewarding experience. There's a lot of ups and downs...highs and lows. It's something that you can put years into. It's understandable to be protective of your beard when you notice an issue, or even when you think you notice an issue.

What commonly happens is that you start noticing that your beard may not be growing as much as it should be. It's possible that it stopped growing.

But don't worry. It is not unusual to experience periods of time in which your beard has either slowed in growth or stopped altogether. Luckily for anyone with a beard, this is not permanent.

There are even ways to get it growing again. And it doesn't involve any magic spells either. I also examined over my 10 year growth period some common reasons why you may be experiencing a sudden change in growth or none at all .

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### 1) BREAKAGE

**A common reason why your beard may not appear to be growing is breakage.**

**Hair that's dry, over processed, and brittle will break off and appear to never grow past a certain point. I will mention it a few times but that's how important it is to realize.**

**Over-shampooing (even regular frequency of shampooing with most shampoos) can lead to dryness and breakage. Wavy and curly hair are particularly affected.**

**To prevent this from happening, be sure to use a gentle, hydrating beard shampoo and conditioner a few times a week. It is important to note that shampooing too often will strip the hair of its natural oils, leaving it even drier and prone to breakage than it was before.**

**Luckily our beard shampoo is more gentle and cleanses your beard and skin without stripping too many natural oils. After shampooing and conditioning, be sure to apply our natural beard oil so that your beard does not dry out. Replenishing your hair with healthy essential oils will keep it nourished and less prone to breakage.**

**Another great solution is our Beard Grooming Kit with Repair Formula which contains our formulated beard oil and beard balm to help nourish and cure breakage and dry skin causing breakage along with our shampoo and conditioner.**

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### 2) BEARD SPLIT ENDS

**Split ends occur**

**when a single strand of hair splits into two at the end. In severe cases, the strand may split into multiple ends. They are mostly caused by brushing or combing too harshly, over shampooing, and blow drying.**

**One big problem that**

**I have noticed is that many combs have cracks and microscopic chips that cut through dry hair like a saw. Many cheap plastic combs splinter and break easily which is bad news for beards as they are made with injection mold plastic.**

**Metal combs can**

**have the exact same problem. Burrs are painful and they can**

**show up on almost anything made out of metal. Plus the scraping of metal teeth on my cheeks does not feel good. Call me crazy.**

**What's left?**

**I recommend The**

**Bearded Alpha combs because they are made with a crazy high quality wood that is hand-crafted for each comb. It's perfectly formed and smooth. It's quite literally made for your face. And they're unbreakable.**

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### 3) POOR DIET

**A balanced diet is essential to growing a long, healthy beard.**

**Growing healthy hair is pretty similar to growing a healthy body. The good news is you can leave the dumbbells where they are.**

**Nutrition for hair growth is very important and the same goes for beards. You need to make sure that you get the proper vitamins and plenty of protein and omega fatty acids. Specifically you need iron, vitamin E, trace minerals such as selenium, copper and even magnesium and Simmondsia Chinensis Seed Oil and Macadamia Ternifolia Seed Oil to keep your beard in great shape.**

**A diet high in lean protein such as fish and plenty of fruits and veggies will make sure to feed your mane what it needs to keep growing properly.**

**Drinking enough water is also very important.**

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### 4) STRESS

**Most of us live busy lives. Technology has helped us do more in less time, and we're constantly expected to be productive members of society. Combine that stress with caffeine, lack of sleep and a poor diet, and you get adrenal fatigue.**

**Your adrenal glands regulate your stress levels. If your body isn't balanced in this regard, you may experience hair loss.**

**Exercising regularly can reduce stress levels. It can also boost testosterone, which can help your beard grow better. Stress hormones decrease testosterone levels. Focusing on general well-being can be a great beard booster.**

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### 5) MEDICAL CONDITIONS

Several medical issues can result in hair loss or patches of baldness on the face or head. These skin conditions can be painful and damaging to your hair, but luckily they are mostly treatable.

If you suspect you have any of the following skin conditions, see a dermatologist as soon as you can for treatment options.

#### **\*Alopecia**

Alopecia simply means any kind of hair loss, but there are several kinds of alopecia.

One of the most common types is alopecia areata, an autoimmune disorder that attacks your hair follicles, preventing their growth. This skin condition is a likely culprit if you are experiencing round bald patches on your head, body or face.

The damage, though, is not permanent and with treatment, the hair can grow back and remain. Alopecia is not contagious and can occur in otherwise healthy people. Treatment may involve topical creams, ointments, oral medication or a combination of these procedures.

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### **\*Hypothyroidism**

Your thyroid gland is a vital part of the body located near the base of the skull.

It regulates all sorts of body functions by releasing thyroid hormones into your body for your organs to use. If your thyroid doesn't produce enough of these hormones, your body functions begin to slow down, and you can develop health issues. This reduced thyroid function is called hypothyroidism.

Your body just doesn't have what it needs to perform its duties, such as growing hair. Hypothyroidism is a serious but treatable condition, and you should see a doctor immediately if you suspect you may have a thyroid problem.

### **\*Anemia**

Iron deficiency anemia is, as the name suggests, a condition brought on by a lack of iron in the diet. The result is a lack of healthy red blood cells in your blood which can be mild to severe.

Symptoms include extreme fatigue, weakness, pale skin, chest pain, fast heartbeat or shortness of breath, headache, dizziness or lightheadedness, cold hands and feet, inflammation or soreness of your tongue, brittle nails, poor appetite and thinning hair or balding.

You may experience one or several of these symptoms in varying degrees of severity. Treatment involves medication or diet adjustments.



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### 6) TIME & AGE - GIVE YOUR BODY A CHANCE

**Society deems you an adult at the age of 18, but your body continues to develop to reach its full adult potential well into your 20s. And, like with everything else, everyone is different, and they grow at different rates.**

**If you're still in your 20s and wondering where your beard is, it may just not have shown up yet. For some men, it can take until up to age 30 before all of their facial follicles get activated, and that bushy beard finally comes in. Trust me I know this very well!**

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### In Conclusion:

You may be noticing that your beard isn't growing as much as it used to be or even at all. But you have to know that it's okay and normal for it to happen. I gave you some common issues and solutions for these issues that can impede growth that should be very helpful.

Here are some recommendations to boost your growth naturally that will help with many common issues but also is formulated to stimulate hair follicles and promotes blood circulation:

### How to Grow A Beard Faster

The two beard-related questions I'm asked the most are 1) how do you grow a beard? and 2) what are the best growth products to use when growing a beard?

While human hair grows an average of half an inch per month, there are things you can do to encourage beard growth and prevent conditions that slow down your growth such as breakage, beard split ends, beard dandruff, and ingrown facial hairs.

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To successfully grow a long beard, it's important to consume the right vitamins and nutrients that your body needs in order to 1) grow at a normal, healthy rate and 2) prevent the whiskers that you've already grown from breaking.

Moisturize your beard with a gentle beard oil with vitamin E, Simmondsia Chinensis Seed Oil and Macadamia Ternifolia Seed Oil.

Use a hydrating beard conditioner after shampooing your beard.

After using beard shampoo, apply some beard conditioner and rinse. The beard conditioner will soften your beard and make it less likely to break unlike just using beard shampoo. And since you want to grow a beard faster, it's critical that your facial hairs be soft and healthy so they don't break and cause beard split ends.

Again using high quality beard oils is essential to healthy beard growth. Why? Because a dry, brittle beard is prone to breakage. Just like the hair on your head, split ends in your beard cause the cuticle to fray, essentially damaging and cutting off the hair that you've worked so hard to grow.

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### **The Bearded Alpha Beard**

**Growth Oil is the best blend of essential oils formulated to encourage beard growth plus with vitamin E, Simmondsia Chinensis Seed Oil and Macadamia Ternifolia Seed Oi. It's packed with all the antioxidants, omega-3 fatty acids, proteins, and vitamins you need to grow a healthy beard.**

**Following these simple guidelines and tip each day will encourage your beard to grow faster by keeping it clean, exfoliated, moisturized, enhanced with vitamins and nutrients, and free of problems that cause beard breakage.**

**WWW.BEARDEDALPHA.COM**

